VENTURE OUTDOORS AGAIN
FREE PROGRAMS FOR PEOPLE OVER 50!

Fall Calendar

Fit with a Physician

Enjoy a leisurely walk with a local physician on any of these trips to learn about strength, health, wellness, and exercise as we age.

**Fit with a Physician: Combat Arthritis and Inflammation**
Mellon Park | Oct 2, 1-3 PM

**Fit with a Physician: Boost your Bone Strength**
Riverview Park | Oct 16, 1-3 pm

**Fit with a Physician: Intro to Nordic Walking**
South Park | Oct 26, 10-12 pm

**Fit with a Physician: Combat Arthritis and Inflammation**
Emerald View Park | Nov 6, 1-3 pm

**Fit with a Physician: Heart Healthy for the Holidays**
Schenley Park | Nov 20, 1-3 pm

**Fit with a Physician: Indoor Walking and Exercise**
South Hills Village | Dec 11, 10-12 pm

NEW

**Fit with a Friend Lunchtime Walking**
Keep your walking routine moving! Join us every Tuesday for this one hour, relaxed pace walk with friends. Locations vary. Walk time is 12:30-1:30 unless otherwise indicated *.

Point State Park | Oct 3, *1-2pm
Schenley Park | Oct 8
Boyce Park | Oct 22
South Park | Oct 29
North Park | Nov 4
Emerald View Park | Nov 12
Highland Park | Nov 19
Riverview Park | Nov 26
Mellon Park | Dec 3
Hartwood Acres Park | Dec 10
Montour Trail Bethel Park | Dec 17
Allegheny Commons | Dec 31

More >>

The Jewish Healthcare Foundation and the Jefferson Regional Foundation generously support the Venture Outdoors Again Program.
**Fall Calendar**

**Forest Therapy Walk**  
Frick Park | Oct 12, 10-12:30 pm  
Slow down and awaken your senses.

**Settlers Cabin Yoga Hike**  
Settlers Cabin | Oct 6, 10 am-12:30 pm  
Bring your yoga mat!

**Virtual Senior Academy: Venture Outdoors Walks and You Can Too!**  
Online | Oct 7 & 18, 10-11 am  
Talk through our NEW walking website created especially for older adults interested in finding safe walk destinations nearby!

**Interconnecting with Qigong**  
Frick Park | Oct 9 & 14, 9-11 pm  
Qigong is a meditative practice. Move slow. Breathe deep.

**Last Beginner Paddle of the Season!**  
North Park | Oct 10 & 13, 10 am-12:00 pm  
Get familiar with kayaking and explore North Park Lake!

**Beginner Biking Confidence Class**  
South Side | Nov 2, 10-12  
Build confidence in your biking, even if it has been a while since you've biked. Learn about basic bike safety and Pittsburgh Trails.

**Map and Compass Workshop**  
Deer Lakes Park | Nov 3, 4-6 pm  
Improve your navigation skills! Learn how to use a compass, and how to plot a course from reading the map! No previous experience is required.

**The Frick Museum Winter Stroll**  
Frick Park & Museum | Dec 13, 4-6:30 pm  
Take a relaxed evening stroll with us in Frick Park before touring The Frick Museum. Hot beverages will be provided during our stroll together. The Frick self guided tour will start at 6PM. You are permitted to enjoy the museum until 9PM.

**Fit with a Legislator: North Park Fall Splendor Walk**  
North Park | Oct 30, 1-3:00 pm  
Enjoy a fall walk around North Park Lake with a local legislator and physician. We'll bring hot cider, snacks and a raffle to end your walk.

**TO REGISTER**  
Visit ventureoutdoors.org and use discount code SCF17 or email Joanna at joanna@ventureoutdoors.org or call 412-255-0564 ext 229